

ILIOTIBIAL BAND STRETCHES

YOUR REHABILITATION PROGRAMME

This exercise programme has specific exercises to strengthen muscles around upper thigh, buttock and hip area as well as improve balance across your pelvis. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice may place potential strain on your injury. The following leaflet includes some exercises to help in your rehabilitation.

GUIDANCE FOR STRETCHING EXERCISES

Hold all the stretches for 20 seconds each and repeat them five times

LEG SWING SIDE

Swing your leg to one side, and then the other, in a controlled way. If you feel comfortable, you can speed up. This exercise mobilises a stiff hip joint, and is a good dynamic warm up.



SETS	REPS
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 **Video:**
<http://youtu.be/4KAS7li6uEM>

HIP FLEXION WITH EXTERNAL ROTATION BILATERAL

Turn your legs outwards, and then lift them off the floor/bed. It's a great exercise for the lower abdominal muscles, and you will also feel the muscles on the front and inside of your thighs working too.

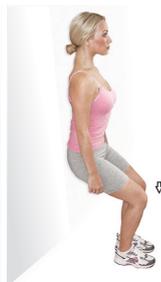


SETS	REPS
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 **Video:**
<http://youtu.be/rOeLkhBQgrl>

1/2 WALL SQUAT

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the 1/2 squat position. You can either go up or down, or hold the down position. Do not allow your knee to 'knock' inwards, keep it aligned with your middle toe. This exercise will help to strengthen your quadricep muscles, knee joints and legs



SETS	REPS
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 **Video:**
<http://youtu.be/vSr XiaOhZiY>

on each leg. It is important to stretch the uninjured muscles so that both legs reach a similar point of flexibility.

PROGRESSION SPEED

Your therapist will advise you on the speed you should progress. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort stop the exercises and consult your therapist.

ITB STRETCH

Standing, cross your legs, and run your arm down the side of your leg. You should feel a stretch in your back, and slightly on the outside of the opposite leg.



SETS	REPS
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 **Video:**
<http://youtu.be/GodaVDAhOYQ>

CLAM

Lie on your side, with both knees bent. Keeping your feet together, and squeeze your deep abdominal muscles by drawing the belly button inwards. Open your knees, like a clam, hold, and return to the start position. This is a good strengthening exercise for your gluteal (buttock) and outer thigh/hip muscles. Progress the exercises by opening your knees, like a clam, and extend your leg behind you, hold, and return to the start position.



SETS	REPS
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 **Video:**
<http://youtu.be/GIEr1JgtdiU>

SUPINE COW STRETCH

Lie on your back on the floor. Cross your right knee over your left knee. Bring both knees towards your chest and hold on to your ankles if you can reach them, if not just hold further up the leg. You should feel a stretch to your buttock/gluteal muscles.



SETS	REPS
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